

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

June 2013

Chicken Hash Brown Bake

Cheesy Veggies

Coffee Shake

Banana Breakfast Shake

Peanut Butter Dip

Breastfeeding:



Why breastfeed?

"I formula fed my first baby, and this (breastfeeding) is so much easier! I found when I go somewhere, the diaper bag is so light I think I forgot something. That's because all the baby needs is me and a diaper for changing. I love the contented look on his face after I feed him. There's something special in how he looks at me after I feed him."

~ WIC Breastfeeding Mom from Hettinger, N.D.

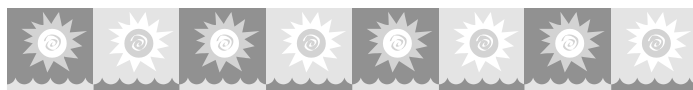
For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.

Chicken Hash Brown Bake

2 cans (10.75 ounces each) fat-free cream of chicken soup
¾ cup fat-free sour cream or plain yogurt
¾ cup skim or 1% milk
2 cups shredded reduced-fat cheddar cheese, divided
1 bag (30 ounces) frozen hash browns, thawed
6 boneless, skinless chicken breasts (about 5 ounces each), browned
1 can (6 ounces) French fried onions

1. Heat oven to 350 degrees. Coat a 9x13-inch pan with nonstick cooking spray.
2. In a large bowl, mix together cream of chicken soup, sour cream or yogurt, milk and 1 cup cheddar cheese. Add hash browns and mix.
3. Place hash brown mixture in the pan. Layer chicken on top.
4. Cover and bake for 1½ hours.
5. Remove cover and sprinkle with the other cup of cheddar cheese and the French fried onions.
6. Bake for an additional 15 minutes.

Nutrition Note: This recipe makes 10 servings. Each serving has 370 calories, 14 grams of fat and 32 grams of carbohydrates.



Cheesy Veggies



2 carrots, chopped
1 cup chopped broccoli
1 cup chopped cauliflower
1 tablespoon butter
1 tablespoon flour
½ cup skim or 1% milk
1 cup shredded reduced-fat cheddar cheese

1. Steam all vegetables in the microwave or in a large pot over 1 inch of boiling water until crisp tender, about 4 to 5 minutes. Set aside.
2. Melt the butter in a skillet over medium heat. Gradually sprinkle in the flour while stirring. Once the flour is incorporated into the butter, slowly stir in milk. Continue stirring until the sauce is smooth. Add the cheese and stir until melted.
3. Pour the sauce over the vegetables, or use for dipping.

Nutrition Note: This recipe makes 4 servings. Each serving has 120 calories, 5 grams of fat and 9 grams of carbohydrates.

Tips for Raising Healthy Eaters

Healthy Eating and Physical Activity Go Hand in Hand: Children need to be active at play for at least one hour each day. Try a simple outing to the park to play, more organized classes or age-appropriate sports.

Adapted from the Dairy Council of California

Coffee Shake

2 cups light ice cream
2-3 teaspoons instant decaf coffee granules
½ cup skim or 1% milk
3 tablespoons chocolate syrup



1. Mix all ingredients in a blender until smooth.

Note: A banana can also be added for a different taste.

Nutrition Note: This recipe makes 2 servings. Each serving has 320 calories, 7 grams of fat and 56 grams of carbohydrates.

Banana Breakfast Shake

3 cups skim or 1% milk
2 peeled, sliced bananas
1 teaspoon vanilla extract
Cinnamon

1. Place all ingredients except cinnamon in a blender.
2. Blend until smooth (about 20 seconds).
3. Pour into glasses and garnish with a sprinkle of cinnamon.

Nutrition Note: This recipe makes 4 servings. Each serving has 120 calories, 0 grams of fat and 23 grams of carbohydrates.

Peanut Butter Dip

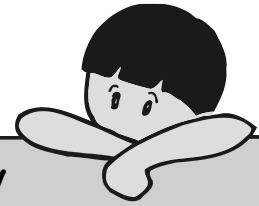
½ cup fat-free vanilla yogurt
½ cup creamy peanut butter
¼ cup miniature semi-sweet chocolate chips
1 teaspoon cinnamon



1. Mix all ingredients in a bowl.
2. Serve with apples, celery or pretzels.

Nutrition Note: This recipe makes 10 servings. Each serving has 110 calories, 8 grams of fat and 7 grams of carbohydrates.

Turn Off the TV



Preschoolers love to help you with chores, which can keep you both active. Some chores to do outside are picking up the yard, carrying out the trash, washing the car, walking the dog, and sweeping the porch and sidewalk.

Source: Minnesota WIC Program

Yogurt for Kids

Yogurt can be a healthy snack for you and your children. But some yogurts that are marketed to children are more like a dessert.

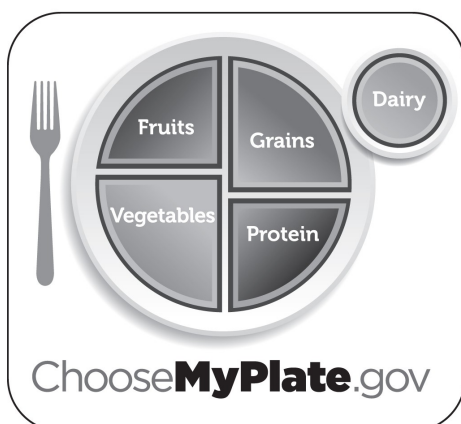
- Sweeten yogurt with fruit. Buy a large container of nonfat vanilla yogurt and add your own flavor.
- Add sliced strawberries, kiwi, peaches or pears.
- Stir in applesauce.
- Top with chopped bananas.
- Blend frozen fruit and stir into yogurt.
- Got leftover baby food? – stir in some pureed peaches, apricots or pears.

Source: www.numatters.com



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GROWING HAPPY FAMILIES



Don't forget your dairy.

When you chose milk, select 1% or fat-free skim milk. Each type of milk offers the same key nutrients such as calcium, vitamin D and potassium, but the number of calories are very different. Older children, teens and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups, and children 2 to 3 years old need 2 cups.